

## Positive Alternatives 2014 - 15 Quarterly Update

**Grantee: PHILOMENA HOUSE**

**Goal: To provide temporary housing for 2 to 4 pregnant women in a life-affirming program that empowers them to become financially independent and self-sufficient**

**For the period:**

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	Report Count
<b>Financial Assistance</b>	Provide assessment; provide Financial Freedom classes; assist residents in completing financial assistance applications	2 - 4	One guest arrived in May and one in June. Two have had healthy boys. Two arrived in August in first trimester and due in February. One guest have been assisted with completing her financial aid for college and one is expected to finish soon. (2)One is finishing high school.(1) One is working as a PCA but has been assisted with gas money so she can attend "light work".(1)	4
<b>Housing Assistance</b>	Provide a home for women; weekly life coaching group and individual meetings	2 - 4	One guest arrived in May and one in June. Two have had healthy boys. Two arrived in August in first trimester and due in February. All four attend Financial and Life Coach classes each week.(32)	32
<b>Mentoring Program</b>	Pair residents with volunteer mentors; provide intake assessment; provide support in carrying baby to term, setting goals; assist with development in areas indicated in assessment	2 - 4	Four guests have been paired with a volunteer mentor who continue to support guests verbally and with some transportation to appointments and school. (12) The Life Coach has done assessments on four women and evaluated/discussed and planned goals. (12) One had surgery for an incompetent cervix and is encouraged to "take it easy". Unable to complete 4 previous pregnancies.	24

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<b>Nutrition</b>	Provide nutrition education; provide healthy snacks during meetings; provide instruction in meal planning, shopping and cooking	2 - 4	Four guests have gone individually with housemother to plan nutritional meals and assess cost vs. food value and nutrition.(12) A garden assisted with fresh and tasty vegetables and stir fry with chicken by the housemother. All four prefer their "favorites" but two have accepted responsibility for planning/cooking a healthy meal once a week.(4) Formal cooking classes have begun which are based on nutrition and low cost. (6)	18
<b>Parenting Education</b>	Provide parenting education and information on making parenting plans	2 - 4	Because of the residential living situation there is much informal parenting education with the housemother and other mentors and volunteers. (12) One (1) has had a formal class on parenting and (3) will attend soon.	16
<b>Pregnancy Education</b>	Provide pregnancy education	2 - 4	Guests take Pre and Post Natal vitamins daily. Assessment of (4) guests indicated 3 do not have an addiction to drug/alcohol/smoking. One has been addicted to smoking and some drugs. She uses an E cigaret to help stop and had admitted to smoking twice (outside) since becoming our guest. A drug test was done (1) and it indicated mariguana present. She said it would show up because of an earlier exposure. It is likely we will do another drug test.	5
<b>Provide Necessary Services Assessments Only</b>	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	2 - 4	Intake and follow-up assessments have been done on all guests (8)	8
<b>Transportation</b>	Provide bus passes for transportation assistance to educational opportunities and work	2 - 4	Three bus passes are purchased each month. Guests (3)use these for work and school each day. One guest uses her own car but has needed some assist with fuel costs.	92

<b>Maternal and Child Health Initiative Task Force Strategies</b>	No.
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Maternal and Child Health Initiative Task Force Strategies	No.
Number of women who received car seats and car seat safety education from a PA funded program activity	2
Number of women who received car seat safety education only from a PA funded program activity	2
Number of women who received child abuse prevention education from a PA funded program activity	4
Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity	4
Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity	4
Number of women who received sleep safety education only from a PA funded program activity	4

**Challenges:** Our guest who is Islam now eats all regular (and Halal) meat except pork. We have struggled with the evening meals and togetherness since there are many schedules to circumvent, as well as individual preferences for dinner. Our housemother continues to serve chicken stir fry at least once a week since all agree this is "great food".

**Comments:** Though our guests are 20 (2), 26 and 31 in age it is obvious to us they are thriving as well as becoming informed of so many things so pertinent to their pregnancies, deliveries of healthy babies and plans for the future. Their backgrounds and personalities are so varied and time is spent teaching patient communication of needs, support, and respect of differences. All four guests are gradually working toward planning/structuring a life that provides peace instead of "crisis mode". We are looking forward to obtaining a vehicle large enough to travel together for outings.